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## VERSATILE APPLES

Salads, entrees,  
desserts, and more

page 20

Smothering and Savory  
Asian timesavers  
make great dishes

page 22

It Takes Two  
Tasty soup and  
salad combos

page 26

*A pinch of ingenuity in every recipe.*



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KIM HANNAFORD

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CONSUMER

Kim Hannaford

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#### The Hannaford Company



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**B**ack in the 1980s, selling groceries wasn't too simple. Everyone bought and sold the same things. The same apples, the same peas, every other week. There wasn't a lot of variety when the Hannaford brothers named their whole sale produce business, so they focused on quality, value, and service. They built their reputation on knowing their customers and what they wanted — and when what their customers wanted changed, the brothers listened and changed too.

A century later, we're still listening. When are you looking for a grocery store? Your life is more complicated. You have a lot less time to put dinner on the table. You value on quality and you won't compromise when it comes to eating well. We're constantly adding products, adding services, trying to find ways to be a better supermarket. Over the past year we've added convenience ready-to-eat entrees to our Fresh Shop and Insulated Department, frozen, prepared foods made on our Olio deli made of great wine organic and all natural products throughout the store, and our line of quality Hannaford Inspired products that we're just getting started.

There's a lot to make better choices and we're thinking about that too. The new store profile in the new look for new Gladding store up on our grocery shelves. Gladding Store is a revolutionary new program we developed for busy people who'd like some help finding nutritious foods that find us more about it here on in this issue.

There's also a lot to find should be here, so we created Hannaford Fresh magazine.

devoted to your love of good food. What is more like, how to select it, how to prepare it. Fresh has become your magazine, where food that moves you and we wouldn't have it any other way. As your request, the team brings our best ever Hannaford Inspired Recipe Contest. We're celebrating Hannaford Inspired line year and it's your chance to share your Hannaford-inspired recipes. Send us your best recipes made with your favorite Hannaford inspired ingredients. We'll whip them up as our test kitchen and pick the best of the bunch to share in a future issue.

As always, we're pleased to share the magazine with you, and we want to hear what you think. Keep sending those letters and emails.

KIM HANNAFORD  
President & CEO  
Hannaford Fresh Co.

## FRESH FORUM



**Reply to our readers' letters to the editor.**

- 1. **Editorial:** We're sorry you didn't like the article.
- 2. **Editorial:** We're sorry you didn't like the article.
- 3. **Editorial:** We're sorry you didn't like the article.

**Dear Lisa and Karen:**

We're sorry you didn't like the article.

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## FRESH FEEDBACK

Your recipes include healthy ingredients and new twists of flavor. Most of us don't eat enough fruits and vegetables in our current diets. Because portion size for meats and seafoods you list across the amount of veggies and fruits (without sauce) that was etc., that add colored. Thank you for listening.

**LISA H. COMSTOCK**  
Kambridge, MA

**Editor:** One of our goals for fresh is to continue to bring you recipes and ideas for healthy eating. "For the Month" on page 10 is a regular column. And in this issue's "Food Lover's Pleasures" on page 10, you can read about some other colleagues who decided to do more than help each other get the job done — they started a lunch club to explore ways to eat better.

I just enjoyed the issue, fresh magazine. It reminded me how well served we always feel when we shop at Harborside. In a crazy world, always, fresh week, your team are something, our hands are always only on. How often can a restaurant say that?

We can ensure you consistent quality and as we add more options to our lifestyle, you are helping make that more affordable. I recommend your store regularly as the best grocery experience. Thanks so much.

**PAUL WOLFSON**  
Dorset, NH

Your Apple Vinaigrette Dressing recipe was absolutely delicious and has been requested by several of my friends. I have also used other recipes you've provided and have been very pleased with the results. Thank you for sharing your creative and very delicious.

**MARCO R. GONZALEZ**  
West Lebanon, NH

**Editor:** For another way to share a salad with a friend, just taste by the Low Carb Salad Dressing in "The Fresh Month" on page 10. The Apple Vinaigrette Dressing recipe is available at [www.harborfresh.com](http://www.harborfresh.com).

I just wanted to let you know how much we enjoy fresh magazine. I am not a very good soup maker but your recipes are

amazing to say. We love the Tomato Soup and add a little more to it. Also hot and sweet Italian sausage.

**JOSHUA DETHMERS**  
Lebanon, NH

**Editor:** Thanks for the Adding sausage sounds like a delicious way to vary the Tomato Soup. For another great way to cook with beans, try the Slow Cooked Chili made in "Fast or Slow" on page 10. Look for the Beans from Soup recipe at [www.harborfresh.com](http://www.harborfresh.com).

### Would Love to Hear from You!

Please tell us your comments, suggestions, and culinary musings to: [feedback@harborfresh.com](mailto:feedback@harborfresh.com) or fresh magazine, PO Box 1000, Portland, ME 04104. Be sure to include your name, address, and daytime phone number. Letters may have their fair share of and clearly to comment on Harborside items, visit [www.harborfresh.com](http://www.harborfresh.com) and click on the Contact Us link at the top of the page, then select Feedback, or call 800.232.0040.

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## APPLES ALL WAYS

As apples meet mid-size, creative recipes use all kinds of apples. Get in for a season full of healthy, filling, satisfying, amazing, and more.

By Kathy Garcia



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## FAST OR SLOW

Updated versions of the slow cooker and pressure cooker can save you time when preparing anything — from Greek Lamb Law to Warm Banana Cake.

By Kimberly Rogers



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## THE PERFECT MATCH

Classic sautéed wild aspen get new flavor notes from France and Mexico.

By Catherine Williams



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Visit our first **Homemade Inspiration Recipe Center** for page 28 for details.

If all you have is [www.homemadeit.com](http://www.homemadeit.com) for even more great recipes, tips, and ideas developed entirely by your love of good food.

**ON THE COVER:** A succulent pan-seared trout is perfect fall accompaniment to roasted tart apples. See page 19 for the recipe. Photograph by Scott Peterson.

## departments

## 6 FOODS FOR THOUGHT

We offer ideas to inspire both everyday meals and special occasion entertaining in this issue. Mouthwatering from top-down papers and cooking supplies.

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Members of a recipe lunch club share their healthy recipes, including Low Fat Apple Crisp and Black Bean Dip with Avocado.

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Rearrange your lunch with Hernandez's inspirations products.

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Make a Mediterranean meal in a flash. We offer ideas to do it with Personalized Fresh Start as the main course.

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Our Fine Wine Buyer suggests wines to pair with favorite fall foods.



## Ladies and Gentlemen, Start Your Burners

We're celebrating the first anniversary of **Heinz Food Inspira**™  
some products make us dream **recipe content**

Since those premium-quality items are designed to inspire  
your creativity in the kitchen, we're eager to see some of the  
inspiration ways you've used them. Maybe you've combined  
flavors in a new way or elevated our all-time favorite dishes

with a special Heinz Food Inspiration recipe based on your recipe for a

new dish, and you might win a \$1,000 or \$500 Heinz Food Gift Card, or a

Heinz Food Inspiration gift basket generously filled with our popular premium-quality items.

It's easy to send us your original recipe for a prize draw and join the celebration. Just put  
your chef's hat on and go creative, keeping your favorite Heinz Food Inspiration products in  
mind. Submit us recipes until the prize draw ends between Sep. 1 and Oct. 31, 2016 or sent to  
by email by Oct. 31, 2016. Then look for the winning recipes in our March/April 2017 issue.

For more information on our Heinz Food Inspiration Recipe Contest, turn to page 21  
And for a complete list of Heinz Food Inspiration products, visit [www.heinzfood.com](http://www.heinzfood.com)

## Healthy Cooking's in the Bag

Steaming cooking is a great way to maximize  
the nutritional benefits of food. With steam,  
you can hold on to more than 40 percent  
of water-soluble nutrients. And because  
steamed foods are more flavorful, you can  
skip adding salt, fats, and other taste-boosters.

Heinz Food's innovative self-heating bag,  
**Microencapsulated Steam Bags** (MSEB), is easy  
to use: your microwave is built out of  
nutritious, tasty foods. Use these cooking  
bags to prepare meats or frozen vegetables,  
steak, seafood, and many other foods  
quickly and easily. You control the leanness  
in every bite and serve them looking and  
as fresh as the day they were made. Or  
prepare dishes in advance, freeze them in  
the bags, then when the bags directly steam  
broiler to microwave whatever you need  
them. Choose it all in one cooking bag,  
the MSEB.

You'll find some great ideas for cook-  
ing with the Microencapsulated Steam Bags,  
including a recipe for **Pressure Cooked Fish**,  
in **Meats in Minutes** (see page 25). Once you  
try the bags, we're sure you'll find all sorts of  
other ways they can make your daily life  
easier. Look for Microencapsulated Steam Bags  
in the grocery aisle with the wraps and bags.



## Inside Information

We love apples, and preparing them for cook, eat, or sometimes for a drink. With an **apple core**, you can clearly extract apple cores in one swift motion. The soft grip handle of this simple gadget is comfortable and secure, unlike what design allows for the extra quick removal and disposal. Simply push the hollow cone shaft over the apple's stem and press down. Then slice the apple for pies, cakes, and sauces. Apple slices also make a great snack by themselves, dipped in yogurt or spread with peanut butter. For more ideas on how to use apples, visit [www.ApplesAllDay.com](http://www.ApplesAllDay.com) page 10. The apple core – which also acts as a neat juicer or peeler – can be found with many other handy gadgets at [www.bananafood.com](http://www.bananafood.com).



## At the Head of the Class

The **Bananafood Helper Schools** program is getting the students prior to the August 1st, 2008 school year off to a great start. With each purchase of certified products you can win a School Helper for your local schools. With school budgets stretched thin, it's good to know that the money saved will be providing everything from classroom supplies to playground equipment.

On average, the donations are valued based on your purchases, each share will award a \$1,000 education grant to the registered school that needs the most money.

In 2005, **Bananafood Helper Schools** gave more than \$600,000 to about 2,000 schools. To find out how your school can participate, call the **National Dairy Schools Hotline** at 1-800-887-8080 T.A.M. is 8 p.m. daily or visit [www.bananafood.com](http://www.bananafood.com).

## A Decadent Dessert Treat: Not Your Typical Yogurt

Now you can treat your family to a delicious indulgence – and feel great about it. **Bananafood Indulgences Dessert Yogurts** are an excellent source of calcium, protein, and other nutrients you deserve. What's more, they have no preservatives or artificial sweeteners.

These Mediterranean style yogurts are creamier than many traditional brands, and when you combine that rich texture with the great taste, you have an absolutely indulgent treat.

**Bananafood Indulgences Dessert Yogurts** come in five flavors – there's one for each day of the week or school week. **Monday Grapes** (deliciously sweet) starts with a hint of almond. **Apple Pie** (an ever popular dessert treat). **Wild Blueberry** (made with real fruit). **Mango & Guava** (exotic combinations of these popular fruits), and **Peach & Walnut** (blended fruit with the crunch of nuts).



## Like Singapore with a Pinch

Wouldn't it be great to merge a few superficial studies and/or helpful interviews, understand the importance of creating conditions and who is quickly and easily? That I think might have pointers. As soon as I submit them, we will be in effect and I think it's best. Another way that some people

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To check the shelves for the loading items icons, simply look for the number of stars pictured on the case. One star means the item is a good choice. Two is better, and three stars means it meets the highest in terms of quality's standards.

\*You'll also need all Greeting Story pages and their bags around your local newspaper, making it easy to shop with confidence or not. For more on Greeting Story, here is "For Your Family" on page 32. For a list of vendors that would love to share ideas, visit [www.cometboard.com](http://www.cometboard.com).



### Can We Preserve the Treasures of the Season

It is the perfect time to stock your pantry shelves with good ingredients of fruits, vegetables, grains, and gems. You have almost found it all together, plates and silver too. It doesn't leave all winter and you'll have the satisfaction of preparing the feast on your own, a warm way

With the right equipment, saving landfill disposal costs can be very small, too. Hazardous materials getting started in water with sludge ports and left inside the drums can be used along with a full line of **washing supplies** all found in the specialty stores. From profiles to joints and plumbing to oil-resistant caps, everything has a solution.

\*Note: Local Health Department's Protection Department is the place to take for an inspection variety of fresh ripe fruits and vegetables to get those just "that home cannot" because they are stored in a cool dry place for up-to-a year - giving you plenty of time to impress your friends with your fine food. Good seasonal low cost variety also.

For a wealth of information on learning about the site for the National Center for Home Food Preservation, [www.nationalhomefoodpreservation.org](http://www.nationalhomefoodpreservation.org), visit us.



## Buy Groceries, Save for College

Supporting education on all levels is supported in the IRS code. You can put money into a **529 plan** (which lets you qualify for tax breaks) or a **Ugma** (which lets your children's college education be qualified as the money you spend on hundreds of qualified university grants). There can be credits to college grants that can be credited to college grants (that can be credited to college grants) that can be credited to college grants. From either side to grant itself (also) similar to other paper part of many grants spend on participating individuals can also include for your children's college education.

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# Tomato or Tomahto?

Either way, Hannaford's Eric Mayo has some freshly picked answers about fruits and veggies

BY CHRISTOPHER FOX PHOTOGRAPHY BY ADAM KAPPA

**T**he U.S. Department of Agriculture's new food pyramid recommends eating a balance of healthy foods every day—including plenty of fruits and vegetables. With the variety of choices in Hannaford's Produce Department, figuring that goal is easy—and delicious. Our writer spoke with Eric Mayo, Hannaford's Produce and Floral Category Manager—who helps bring more than 1,000 kinds of fruits, veggies, and herbs to your local Hannaford.

**What's your favorite fruit and vegetable?**  
My favorite fruit is a peach...a cross between an apricot and a plum. My favorite veggie? I like all vegetables, but I would have to say "fiddle onions" (they're awesome on the grill). In the fall, I also love a good New England baked dinner with potatoes, cabbage, and corn.

**What's the biggest seller?**  
Bananas are a huge, huge category for us. They're second only to packaged salads, which is the largest volume category year-round. Today we have multiple sizes and varieties. Grapes, tomatoes, which were developed only about 10 years ago, are the second biggest seller, along with ripened cheese tomatoes.

**So is a tomato a vegetable or a fruit?**  
Botanically it's a fruit. But the U.S. Supreme Court defined it as a vegetable. (That was back in 1893.) In the case of this tomato, a local light-sensitivity study on imported fruit, I find a tomato is really a berry.

**What do you wish more people would try?**  
Tropical fruits, exotic fruits. We have an outstanding array from all over the world. They're delicious and unique and non-available year-round. Processed from star fruit, papaya—lots of people are there and say "Wow, that looks funky. What do I do with it?" We have a book on the

Produce Department that provides information. We're also developing small tip cards and recipes, and we're planning to feature different fruits on a monthly basis with a large display and lots of information. It's all coming in the near future to a Hannaford near you.

**What's your third favorite tropical fruit?**

Kiwano. It's also known as a horned melon. It looks like a prehistoric orange but with a hard bumpy rind, and inside like a cross between a melon and a watermelon. There's also Buddha's Hand. Originally from Asia, it's a citrus that's shaped like big yellow fingers that has a strong fragrance. It's not edible, but you can scrape the skin like with lemon zest to flavor sauces. It's often used in aromatherapy for its appearance and fragrance.

**What's the biggest trend in Hannaford's Produce Department?**

The biggest change is toward convenience packaged salads, pre-cut fruit. We have vegetable trays available for someone that just grabs, veggies and dip ready to go. They're a great convenience for parties or family gatherings.

**Does prepackaged produce have to be washed as carefully as say, washed you pick from a display?**

We advise you to wash all produce, even pre-cut or prepackaged. Just give it a thorough rinse with cool clean water.

**How do you spend your time as Produce Category Manager for Hannaford?**

Part of my role is to stay on top of what's



happening in the industry, reading trade publications, a trading trade show, knowing which growing and sourcing, great-looking, quality produce from around the world. I love to cook and watch the food channel on television. We're keeping Hannaford on the forefront of which new and hot.

**What do you like to cook at home?**

I have several favorite recipes of my mother's cuisine that I was fortunate enough to write down before she passed away 10 years ago. They include a chicken and beef soup, a delicious chicken and beef vegetable stir fry, and a simple onion pork chops dish called Pork Chops 'n' Apples, after my mother.

I also enjoy making dinner out of whatever I can find in the house. I'll pull something out of the freezer, then create a meal around it. My role is a great cook, but also likes to have planned meals that we shop for during our weekly trip to Hannaford. I think of the shopping trip as

# Cooking Up a Club

Healthy eating is the focus of this workplace group

BY BACON CHLOE, RD

**W**hen food-loving, health-conscious colleagues **Blaine Davis** and **Cathy Blaine** read a magazine article about a successful workplace lunch club, they realized why don't we try that?

The result is the thriving **Vegan Lunch Club** at St. Mary's Regional Medical Center in Bremerton, Maine. Blaine is quick to offer a disclaimer about the name:

"To get the club going, last spring Blaine and Cathy recruited six other people who work with them in the marketing department in St. Mary's. The group of eight is divided into pairs, which take turns preparing and serving a vegan lunch for everyone. Lunches are scheduled every two weeks before the department's open-house meeting, but table talk is mostly about work."

Indeed, the club members discuss vegan philosophy and the dishes they're enjoying. "We're sharing tips on and learning and experimenting," says Cathy. "I absolutely love it."

The group has discovered that a tasty lunch and some vibrant conversation in restaurants aren't the only benefits. "Some of us work in a different area of office, so it's a bonding strategy," explains Blaine. And the boss agrees: "While we work closely as a team, this is a focus other than work that brings us together," says **Dean Saville**, Director of Marketing.

Director of Marketing.

all looking to eat less red meat before." Other results include plenty of suggestions on the Internet. "It's amazing the resources that are available online," says Blaine. "There are hundreds of recipes."

Ingredients have proven to be just as accessible. "I thought it would be hard to buy the products you need to be sure it's vegan," says **Ross Conway**, CEO and Vice President of Marketing and Planning. "But when I went shopping I found it was easy. I got to the Warehouse on Spring Street in Auburn, and the selection is good and the people are helpful."

## Proof of the Pudding

While no one has gone over to a vegan lifestyle, many members are surprised at how much they like vegan dishes and how their own food knowledge is changing the way they cook and eat at home.

**Don Beaudoin**, a Health Services Interim Coordinator who eats "anything and everything," now likes veggie. "I'm really surprised at how good it tastes," she says. "Some other adults don't even skeptical."

"One of the best things we had was a veggie burger, which I never thought I would enjoy," she says. "But it was good, and I'll make it for my family. I'm trying to make my kids eat healthy." Lorie says that making a game of trying new foods works well with her children, ages 1, 3 and 8. "We eat meat every day," she adds. "But the club is making me think differently about meal planning. Now the cutting down on meat means preparing serving more vegetables and trying new vegetables."

Even for Blaine, one of two members who were already vegetarians, the club has been a learning experience. "People think eating vegetarian is dull," he says. "And that's what I thought of veggie. But it's not dull at all."



"We're not all vegans, or even vegetarians," she says. "When I heard everything [while many vegetarians will eat some animal products — like dairy, fish, eggs, or honey — vegans eat only food from plants.]"

The vegan focus of the club was inspired by a surprise class that Blaine, a Fitness Wellness Manager and Cathy, a Health Lifestyle Program Manager, took together. "The class was based on a vegan lifestyle," says Blaine. "As a result, I started to think differently about food. I haven't given up meat, but I've focused more on having a 'meatless day.'"

The pair made the club vegan to keep that focus. "We also liked the challenge of seeing how good we could make dishes with no dairy and less fat," says Blaine.

## Dishing 'Vegan'-style

The designated cooks usually plan a meal that includes an appetizer, salad, entrée and dessert. That meal might be planned around a theme or make it even more interesting. "Cathy and I created a French-meal card," says Blaine. "And next week we're planning on the Indians. That makes you look at foods from different cultures from a vegan perspective."

As for some members were concerned that it might be hard to find vegan options, **Rita Lorie Peltier**, a Health Care Services Representative and self-described convert, has found that she can use her own cookbooks. "I love to cook, so I've got cookbooks galore," she says. "It's just a matter



To prove it, they tried some vegan desserts with the sons, ages 6 and 10, who are not vegetarians. "We made brownies... using chocolate soy milk," he says. "They loved them."

The brownies were a hit with the whole trio. And that surprised **Annex to Nunquam's** Manhattan Designer and "upside 11 g. tennis with a long-standing focus on healthy eating." "I'm not a dieting person," she says "but that vegan dessert was my favorite... and it was more surprising to me than good things in the other categories."

But for some, the health benefits are the biggest payoff. "My cravings for salt and coffee have stopped," Cathy says. "Because I'm eating healthy, I don't have to eat caffeine. I've lost 12 pounds in eight weeks and I feel so much better."

Depression mother **Jennifer Rader** finds that the club gives her more options for eating healthy. "I'm bringing a home," says the Community Relations Manager. "When I grew up, it was meat and potatoes and everything faded with butter, so I'm trying to change that for my family."

Sharing recipes is always on the agenda of the "Vegan Lunch Club" and now its members are extending the sharing to book readers with these three dishes. Try them

and see if you agree with them: who says "It's amazing what good things you can do without meat in dairy?"

If you'd like to try more recipes, click around, suggest sharing this site: [www.vegansuper.com](http://www.vegansuper.com)

## BLACK BEAN DIP WITH AVOCADO

ACTIVE TIME: 17 MINUTES

TOTAL TIME: 17 MINUTES

This chunky spicy dip is a nutritious start to a meal. It's fun to fix, and it's best served immediately.

- 2 cups hot firm tomatoes
- 1/2 cup fresh lime juice
- 1/2 cup homemade Inspiration Country Tomato Sauce

- 1 (15 oz.) can black beans, rinsed and drained

- 1/2 cup chopped scallions, white and light green parts only

- 1/2 cup chopped fresh herbs

- 1/2 cup chopped garlic

- 1/2 cup salt, oil to taste

- 1/2 cup freshly ground pepper or to taste

Drain whole wheat corn chips or corn tortillas

- 1. Chop avocados. Place into bowl and sprinkle with lime juice. Mash about half of the mixture so it's still chunky (a good blender does the job quickly).

- 2. Add the other beans, scallions, cilantro, and garlic. Stir gently to combine, so the mixture stays chunky.

- 3. Season to taste with salt and pepper.

- 4. Refrigerate until ready to eat. Serve with baked whole wheat pita chips or corn chips.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 120 CALORIES, 25% CARBOHYDRATE, 10% PROTEIN, 50% FAT (OR APPROXIMATE) 20% CARBOHYDRATE, 10% PROTEIN, 50% FAT

## LATE HARVEST VEGETARIAN CHILI

SERVES 4

ACTIVE TIME: 40 MINUTES

TOTAL TIME: 1 HOUR 40 MINUTES

Cathy: When meat wasn't used, oil to cook the meatless onions, garlic, and bell peppers was used. The recipe makes a big pot of chili, so it's great for a casual supper party. Here is the perfect accompanying beverage:

- 1/4 cup water divided
- 2 medium red and 1/2 inch cubes
- 2 large onions, cut into 1/2 inch cubes
- 4 cloves garlic, minced
- 2 large red bell peppers, cut into 1/2 inch pieces
- 1 (15 oz.) can whole kernel corn, drained with juice
- 1/2 cup olive oil
- 1/2 cup olive oil
- 1 (15 oz.) can diced tomatoes with juice
- 2 Tbsp. chili powder

1. Add whole wheat pita chips or corn tortillas





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- [illegible]

**1** Most, if not all, women has a large muscular, dark-  
brown, hairy mass on her back. And the mass is

to a mild gas, under an air  
flow of 1.2 dm<sup>3</sup> min<sup>-1</sup>. The  
inlet is a large stainless steel

**E.** First the remaining 10 cap-worms in a skillet over medium heat. Add the onion, garlic, and bell peppers. Saute until the onions are translucent and the peppers are just begun to brown, about 10 to 15 minutes. Transfer to the pot containing the stock.

**B.** Place the gas over low heat. With a large, cut-up (or whole) onion, sauté the whole onion in the gas and add them to the vegetables along with the fresh tomatoes and the third onion and their juice. Stir. Sprinkle the chili powder, cumin, basil, oregano, black pepper and fennel seeds over the mixture and stir in quickly. Simmer uncovered, stirring often, for 10 minutes.

4. Mix on the bottom, gently  
fill and leave your cake  
another 15 minutes. Turn  
and add oil if needed.

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**Abstract**

THE BROTHERS OF  
THE "GREAT" FIGHT, AND THE "GREAT" FIGHT  
BROTHERS, "GREAT" AND "GREAT" FIGHT.

What is a very easy easy-does-it, quick-to-prepare, and easy for a hotly competitive team

- 6) large five apples, peeled, sliced and placed around 5 cups

- 1 cup chicken broth
  - 1/2 cup dried mushrooms
  - 1/4 cup salt and crispy rice-purée or cereal
  - 1/4 cup well-drained rotini pasta
  - 1/2 cup pure maple syrup
- vegeta® "Chicken" Sauce (see recipe below)  
 or vegetable stock (optional)

**1. Predicting the success of 1997's *Twister* and *Armageddon***

**Keywords:** Leadership, culture, work, organizational systems

**2.** Place the supply chain in a hand and turn with the bottom part downwards and to top of connection. Place in the prepared dish and proceed with closed connection.

**A** is a separate bowl and the grounds is covered rolled oats and remaining oats mix. Stir in the maple syrup. Served evenly over 2 hot waffles.

4. Bake for 40 to 50 minutes or until the apples are bubbling and tender and the biscuit is golden brown.

2. Stir in warm or cold milk. Vanilla "Cream" Sauce or vanilla ice cream.

STRENGTH, DIRECTION, AND THE SENSE OF  
 UP-DOWN, AND LEFT-RIGHT, AND FORWARD-  
 BACKWARD, AND (INTERNAL) AND (EXTERNAL) TIME,  
 SPACE, AND FORCE.

[illegible]

1. **Introduction**  
 2. **Background**  
 3. **Methodology**  
 4. **Results**  
 5. **Conclusion**  
 6. **References**

In addition to the apple crisp, the topping is also a nice complement to various meats and fish dishes.

- ☐ 1. Our job will be full when told.  
☐ 2. Our job will be full.  
☒ 3. Our job will be full.  
☐ 4. Our job will be full.

1 Place all vegetables in a blender and blend until smooth and creamy. Refrigerate until ready to use. (May be prepared up to three days in advance.)

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
 100 CALORIES: 100% CARBOHYDRATE, 0% PROTEIN  
 & 0% FAT (90% SATURATED) AND CHOLESTEROL,  
 100% SODIUM, 100% FIBER ■

# Brand-New Brown Bag

Turn lunch into the high point of your day with these easy options

BY EMERLEY MARFISI PHOTOGRAPHS BY JEFFREY MAYER

Keeping a lunch is a great way to eat well and save money. And you can count on *Homemade Inspirations* products to keep those brown bags interesting week in and week out. Fresh salads, delicious sandwiches, scrumptious desserts—all can be ready to go with minimal effort and a few simple lunch-packing supplies.

## Build Up Your Greens

*Homemade Inspirations* Pin-Wheeled Salad, Grapes, Baby Romane, Spring Mix, Baby Spinach, and Baby Arugula are a wonderful base for any salad. Make the salad more interesting by adding avocado or meat. Use *Homemade Inspirations* dressings with meats or veggies to flavor them until lunch and pack the greens separately so that they don't get soggy. Then, when it's time to eat, combine the two for a delicious meal.

## What's Between Your Bread?

Start your sandwich planning on the *Islands*. *Homemade Inspirations* Cumin Balls, Italian Tuna Balls, and Sausages make a great base for a sandwich centerpiece. Our fish offerings are impressive with more than a dozen types of meats from single Angus Prime Beef and T-bone Prime to Smoked Turkey (Natural Style and Processed). Then choose one of our *Homemade Inspirations* spreads, vinegars, or dressings for a memorable finishing touch. Once you've made the *Islands Turkey Wings*, you'll be looking for more delicious ways to serve *Homemade Inspirations* All-Natural Turkey Breast.

## Sweet Endings

*Homemade Inspirations* recently introduced a line of yogurts in various flavors, such as Plum & Walnut and Raspberry Orange.



These are easy to pack for dinner and a good source of calcium. Add fruit to plain vanilla waffles cooked by cooking cooler sandwiches with our Two Raspberry Fruit Spread. And don't forget the fresh fruit in

always a satisfying way to end a meal, especially when mixed with Sweet Cream Raspberry Swirl (see the recipe on page 140).

With *Homemade Inspirations*, day-in-day lunch can be round, easy and delicious.

## INSPIRATIONS

### TERRIFIC TURKEY WRAPS

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 20 MINUTES

Flavorful inspiration: bruschetta toppings make delicious sandwiches. This wrap brings combinations of turkey, red pepper and tomatoes, olive-oil-and-mustard bruschetta creamy cheese, and peppery arugula will make your bruschetta jealous. You may even want to make it twice in one week.

1. Large rolling pin, bread boards or flour tortillas (8 to 10 inches in diameter)
- 1 (8 1/2 oz.) container spreadable goat cheese
- 1/2 cup bruschetta inspiration All Natural Turkey Breast, finely sliced
- 1/2 cup Homemade Toppings for Bruschetta & Tomato Bruschetta

1/4 tsp freshly ground black pepper  
optional

1/2 cup Homemade Toppings for Bruschetta  
for arugula

1. Prepare four 12 by 12-inch squares of foil or waxed paper for wrapping the sandwiches. See note.

2. Place the turkey or tomatoes only by side on a flour tortilla surface or breadboard. Divide the goat cheese among them, spreading it in the center of the breadboard.

3. Leaving a 1/2-inch border around the edge of the wrap, divide the turkey among the wraps, placing it on top of the goat cheese. 4. Spread 1 Tbsp. of the Homemade Red Pepper for Tomato Bruschetta over the turkey on each wrap. If desired, add a sprinkling of freshly ground black pepper to each wrap.

5. Divide the arugula among the four wraps.

6. To assemble each wrap, fold in the sides of the bread, then roll from the bottom up to make a neat closed sandwich. Wrap each sandwich tightly in the foil or waxed paper. Refrigerate until needed. Wraps may be made a day ahead.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
ONE SANDWICH: 400 CALORIES; 20% CALORIES FROM FAT  
PER 100 CALORIES: 10% CARBOHYDRATE, 20% PROTEIN,  
1% FIBER, 50% FIBER

### FRESH FRUIT SALAD WITH SWEET CREAM RASPBERRY SAUCE

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 25 MINUTES

Peek up your day with this elegant combination of fruits — a colorful medley that makes an appealing alternative to the traditional bruschetta apple or banana.

1. 1/2 cup bruschetta inspiration Sweet Cream Fruit Dip
- 1/2 cup bruschetta inspiration Raspberry Pudding
- 1 cup, freshly grated lime zest
- 2 lemons, peeled and roughly chopped
- 1 lb strawberries, washed, hulled and quartered
- 1/2 cup raspberries
- 1 cup bruschetta inspiration Raspberry and Citrus Fruit Compote
- 1 (10 oz.) container fresh pineapple chunks, drained and halved

1. In a small mixing bowl, whisk together the fruit dip, raspberry syrup and lime zest. Divide the sauce among four 10-ounce plastic food containers. Set aside. 2. Divide the lime zests among the four containers. Cover and refrigerate until needed. When ready to eat, stir the sauce from the bottom of the container to mix the fruit. This salad tastes even the day it is prepared.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
ONE SANDWICH: 400 CALORIES; 20% CALORIES FROM FAT  
PER 100 CALORIES: 10% CARBOHYDRATE, 20% PROTEIN,  
1% FIBER, 50% FIBER



# the perfect pair

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meats and seafood.



[www.hannaford.com](http://www.hannaford.com)





# apples all ways

Snacking, baking, stewing, sautéing,  
and more — crisp, juicy, luscious fruit has it all



HOW MANY APPLES? A dozen or two. One apple, too. One bite, and you're smack in the middle of a perfect fall day. There's the crunch of breaking through the crisp skin and the release of the first taste of juice — the sweet and sour of a full mouth full of albedo and fibers. And then there's the poetry of apple season. Imagine a play where all the characters are named after apples: Granny Smith's Wincep, Gala, Golden, Macintosh, Greenpeace, and Redhead's Egg.

Apples may or may not be the perfect food. They're low in calories, yet filling, they're loaded with vitamins A and C, and they come in lots of varieties. Their color ranges from rich, deep crimson to bright green, while their flavor runs the gamut from sweet to lip-puckering tart.

## Apple Picking

Look for firm, unbruised apples with a look, clear fragrance. Apples will keep for several weeks if refrigerated; make sure they're stored properly so they don't become soft or mushy.

Most apples are considered all-purpose meaning they're as good to eat raw as they are cooked. However, when cooked, some hold their shape better than others. McIntosh is a good all-purpose apple, as are Granny Smith, Reddurn, Cortland, and Fuji. Rome and Pink apples are better for cooking than eating out of hand. Many apple growers tell that Red Delicious, with its crisp texture, is better for eating than cooking. But it's all a matter of taste.

Don't fret about choosing the "right" apple for cooking — almost any variety will work. Try making varieties of apples, whether for a hearty soup, a meat dish, or a pie, by balancing sweet varieties with tart-tart ones. That way your dishes will have a full range of apple flavor and texture.

Apple season in the Northeast begins with the early varieties at the end of August, but the bulk of the apple crop is picked in late September through mid-October. They're truly luscious in markets when they're at their peak and crunchiest. These recipes demonstrate the wide range of apples in dishes both savory and sweet.



4. rats, vegetable or chicken stock  
Yield: 1 cup water

**1.** In a large pot, heat 1/2 cup of oil over moderate heat. Add the potatoes and cook about 4 minutes per side until golden brown. Remove and drain on a paper towel.  
**2.** Add remaining 1/2 cup of oil to the pot. Add the onions and cook 8 to 12 minutes over moderate heat until translucent, stirring occasionally. Add the squash, salt, pepper, and thyme. Cook, stirring, 3 minutes.  
**3.** Add the apples, broth, and water, and bring to a boil over high heat. Reduce heat to low and simmer, covered, 13 to 20 minutes or until squash and apples are tender. Remove from the heat and cool slightly.  
**4.** Working in batches, puree the soup until smooth in a blender or food processor. Alternatively, use a hand-held immersion blender to puree. Add the mixture back to the pot and bring to a simmer over medium heat. Crumble the potatoes and add half to the soup, taste for seasoning.  
**5.** Serve piping hot with the remaining potatoes sprinkled on top.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
THE CALORIES AND CARBOHYDRATE IN POTATOES  
DO NOT COUNT TOWARD YOUR DAILY CARBOHYDRATE  
LIMITS BECAUSE OF THEIR HIGH FIBER CONTENT

## ROAST CHICKEN DRUMSTICKS WITH APPLE-ONION STUFFING

SERVES 4

ACTIVE TIME: 30 MINUTES  
TOTAL TIME: 1 1/2 HOURS

Make a simple but delicious stuffing by sautéing onions and apples and mixing them with bread crumbs and fresh herbs. Then stuff the chicken breasts and roast until golden brown.

### Stuffing

- 1. 1 cup olive oil
- 1 medium onion, chopped
- 1/2 cup salt
- 1/2 cup freshly ground black pepper
- 1/2 cup chopped fresh rosemary or 1/4 cup dried thyme

- 2. 1 cup chopped fresh sage or 2 tsp dried thyme
- 2. 1 cup chopped fresh parsley
- 2. medium carrots or 1 medium apple, peeled, core and chopped
- 1. 1 cup unsalted butter
- 1/2 cup dry bread crumbs
- 1/2 cup chicken broth

### Chicken

- 4. chicken breasts or 2 breasts, about 20 lb
- 1/2 cup salt, or to taste
- 1/2 cup freshly ground black pepper or to taste
- 1. 1 cup olive oil

**1.** In a large skillet, heat the oil over low heat. Add the onion, salt, pepper, and half the remaining sage and parsley. Cook, stirring occasionally, for 5 minutes. Add the apples and butter. Cook another 5 minutes. Remove from heat and let cool slightly.  
**2.** Mix in the bread crumbs, remaining herbs, and chicken broth until the stuffing is moist and holds together. Stuffing is not ready several hours ahead of time; cover and refrigerate.  
**3.** Preheat the oven to 425°F.  
**4.** With a sharp knife, cut each chicken breast down in half horizontally so that it opens like a book — the meat should be held together on one long side. Season the inside of the breast with salt and pepper. Divide the stuffing among the chicken breasts and cover with the top flap, pressing gently to adhere.

**5.** Place any remaining stuffing in a roaster or ovensized skillet. Place the chicken on top, or directly in the pan if there's no more stuffing. Drizzle the top with the olive oil and place the pan on the middle shelf in roaster for 35 minutes. The chicken should be golden brown and cooked through to a temperature of 160°F. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
THE CALORIES AND CARBOHYDRATE IN POTATOES  
DO NOT COUNT TOWARD YOUR DAILY CARBOHYDRATE  
LIMITS BECAUSE OF THEIR HIGH FIBER CONTENT



## ROAST PORK CHOPS WITH APPLES AND SAGE

SERVES 2 TO 4

ACTIVE TIME: 20 MINUTES  
TOTAL TIME: 1 1/2 HOURS

For this dish, pork chops are roasted on a bed of raw apples and spiced with apple cider, which forms a delicious sweet-sour sauce that's a quick fix any meal for any day of the week.

- 1. 1 cup olive oil
- 3 large raw apples, such as Granny Smith, peeled, cored, and finely sliced
- 2. 1 cup chopped fresh sage, or 2 tsp dried
- 1/2 cup salt
- 1/2 cup freshly ground black pepper
- 4. 1 medium pork chop, about 1 1/2 lb
- 1/2 cup apple cider

**1.** Preheat the oven to 400°F.

**2.** Place the oil in a large broiler pan, grease dish or shallow ovensized skillet. Layer the







# fast *or* slow

by Kimberly Nagano  
photographs by Keller + Keller



If you're like us, you're always searching for easier ways to get dinner on the table. These versions of two kitchen classics can work in either look. Pressure cookers and slow cookers produce outstanding meals with little effort. Both systems have been updated, making them a lot safer and easier to use. Your grandmother's pressure cooker had the potential to blow its lid — not so with today's cookers, which come with steam-release valves. Contemporary slow cookers feature removable cookery and multiple heat settings.

## make it fast

Pressure cookers can make any recipe faster. In our opinion, no dinner, showing cooking time by a third or more, is too slow, quickly

because the lid's rubber gasket expands to create a seal as the pot heats. With heat and steam sealed in, pressure builds up in the cooker, resulting in higher than normal cooking temperatures. Pressure cooking is not just speedy, however — it also reduces flare-ups for food.

The appliance single fastest a lightweight 4-quart aluminum model at about \$115 to 11.1-quart heavy-duty stainless steel version at over \$160. We prefer a 6- to 8-quart model, as stainless steel is versatile.

They typically come with a steaming basket and a sautéing pan for quick-cooking vegetables like broccoli pointers. The steaming basket is especially handy for making dumplings. Stainless baskets and pans will vary with different models, so some recipes may require slight adjustments. A good kitchen timer is also helpful, because it's easy to overcook a stew that needs only 11 minutes of cooking time. Be sure to read and carefully follow the manufacturer's instructions for using this handy appliance.

## slow and steady

Slow cookers are the ultimate "fix it and forget it" appliances. They cook foods at low temperatures for a long period of time. You can fill the slow cooker in the morning, and when you spring home from a long day, your house smells mouthwateringly good and dinner is ready. When using a slow cooker, it's important to follow the recipe, as some ingredients need to be cut in a certain way or layered in a specific order to cook properly. Don't be tempted to lift the lid if you're slow cooker during cooking, which increases cooking time. The appliance comes in a variety of shapes and sizes, in prices from about \$20 to \$100. We recommend at least a 3-quart model.

Many slow cooker meals are complete but a doesn't have to be a main-dressing-up. Stew, soup, rice or quinoa make a nice accompaniment to dishes like our Chili Verde, and soups look even appealing with a garnish of ground Parmesan cheese or fresh herbs.

## PRESSURE-COOKED GREEK LAMB STEW\*

SERVES 4 CONCOMERS

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 50 MINUTES

All the flavor from lamb complements lamb confit to make this stew new.

- 2 Tbsp. extra virgin olive oil
- 1 lb. cubed lamb stew meat
- 1 cup finely chopped onion
- 3 stems garlic, minced
- 1 Tbsp. dried oregano
- 1 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 2 large carrots, peeled and cut into 1/2-inch slices
- 1 lb. small Yukon Gold potatoes, scrubbed and cut into 1-inch pieces
- 1 bay leaf
- 2 Tbsp. tomato paste
- 1 cup white wine
- 1 onion, halved
- 2 Tbsp. finely chopped fresh mint, divided
- 1 1/2 qt. 3 qt. can fat-free reduced-sodium chicken broth

- 1 In a pressure cooker pot over medium-high heat, add the olive oil, lamb, onion, garlic, oregano, salt, and pepper. Cook on medium heat and stir until the meat is browned, 8 to 10 minutes.
- 2 Turn off the heat. Add the carrots, potatoes, bay leaf, tomato paste, wine, and onion. Stir well to combine the wine and tomato paste. Add 1/2 Tbsp. more salt and the chicken broth and stirred again.
- 3 Secure the lid on the pressure cooker. Cook high heat, bring the cooker to high pressure and cook for 12 minutes. Turn off the heat and allow the pressure to release naturally for 5 minutes, then quick-release the pressure.
- 4 Remove the lid and gently stir to make sure everything is well mixed. Use tongs to remove the onion halves and bay leaf. Taste and add salt if needed.
- 5 Ladle the stew into heat bowls, making

sure to distribute the potatoes and carrots evenly. Sprinkle with the remaining 1 Tbsp. mint. Serve immediately or store and reheat.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
367 CALORIES, 13.5 CARBOHYDRATE, 49.6 PROTEIN,  
25.4 FAT (50 SATURATED), 1.04MG CHOLESTEROL,  
80MG SODIUM, 40 FIBER.

## PRESSURE-COOKED PUMPKIN BREAD PUDDING\*

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 50 MINUTES

A pressure cooker yields a beautifully creamy bread pudding. You'll need the

quantity liquid this comes with your cooker along with a 60-inch piece of heavy-duty aluminum foil. To achieve even browning, decrease reheating half-and-half for the milk.

**Tip:** If you don't have steel bread on hand, lightly toast the bread before using it.

- 1/2 cup canned pumpkin puree and pie filling
- 1/4 cup milk
- 3 eggs
- 1/4 cup light brown sugar
- 1/4 tsp. cinnamon
- 1 tsp. pumpkin pie spice
- 1 tsp. vanilla extract
- 1/4 cup oil



\*For the slow-cooked version of this recipe, go to [www.hannaford.com](http://www.hannaford.com).



- 1 eggs mini-pretzels sandwiched on a cut into 1/2 inch cubes
- 2 eggs water
- 1 Flap, breaded batter
- 1 small vanilla ice cream sandwich

**I**n a large mixing bowl combine the pumpkin, milk, eggs, brown sugar, cinnamon, pumpkin pie spice, vanilla extract, and salt. Whisk to combine.

1. Add the interval values to the matrix, and use `rowSums` to count the values. Let the matrix go for 5 to 10 minutes.

**3** Add the water and remaining butter to the pressure cooker. Gently stir in 8-inch round cake pan with the brushed butter. Put the cake pan on the corner of a 30-inch length of heavy-duty aluminum foil, and pull the foil up the sides of the pan. Place the prepared cake mix into the pressure cooker.

4. Add the bread pudding to the cake pan. Pull the foil up over the cake pan, making a loose tent. Crimp the ends together so that you'll be able to lift the pan out of the roasting pan.

**8** Secure the lid on the pressure cooker. Over high heat, bring the mixture to high pressure and cook for 15 minutes. Use the quick-release method to release the pressure. Remove the lid and let the bread pudding cool for at least 10 minutes.

6. Using the compound lid, lift the penguin faced packing out of the pressure cooker. Serve warm, with vanilla ice cream, if desired.

**APPROXIMATE ESTIMATION OF THE MEAN SQUARE ERROR OF THE COVARIANCE MATRIX ESTIMATOR IN LINEAR MIXED MODELS**

**SLOW-COOKED LAMB  
CHINESE SOUP**  
(SERVES 4)

Age Group	Percentage
18-24	10%
25-34	35%
35-44	25%
45-54	15%
55-64	10%
65-74	5%
75-84	2%
85+	1%

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Slow cookers and soups are known to be a perfect match. The robust garden pea soup comes together quickly with some simple chopping. Plus, it doubles easily and freezes well.

- [illegible]

APPROXIMATE INTERNATIONAL RATES PER HOURS  
 (NOT GUARANTEED, AND NOT APPLICABLE TO THE PRESENT  
 OR NEW [IN-CONTRACT] AND CANCELLATION,  
 CANCELLATION, AND FINE)

## SLOW COOKED SPANISH CHICKEN

SERVES 4

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 8 HOURS, 25 MINUTES

The highly flavored sauce for this chicken is based on a classic Spanish recipe that combines garlic, pimientos, tomatoes and almonds. Serve with Spanish yellow rice and steamed green beans.

- 2 Tbsp. extra virgin olive oil
- 8 boneless, skinless and tenderloin chicken thighs (about 2 lbs.) (trimmed of any excess fat)
- 1½ cups drained crushed tomatoes
- 6 cloves garlic, finely minced
- 1 tch. all-hot pimientos drained, patted dry, and finely chopped
- 2 tsp. red wine vinegar
- ½ tsp. kosher salt
- ½ tsp. freshly ground black pepper
- ½ tsp. crushed red pepper
- ½ cup sliced almonds, finely chopped

1 Add the olive oil and the chicken to the slow cooker.

2 In a medium size mixing bowl, combine the tomatoes, garlic, pimientos, vinegar, salt, black pepper, crushed red pepper and almonds. Mix well.

3 Pour the sauce mixture over the chicken. Cover and cook for 8 hours on low or 4 hours on high.



4 To serve, remove the chicken with tongs and divide among four plates. Spoon the sauce over the chicken.

ADDITIONAL INFORMATION: YIELD: 4 CUPS; 400 CALORIES; 25g CARBOHYDRATE, 15g PROTEIN, 10g FAT (5% SATURATED), 10mg CHOLESTEROL, 100mg SODIUM. % DAILY VALUE: 20% CALORIES FROM FAT.

## SLOW COOKED CHILI CON CARNE

SERVES 4-6 (OR MORE)

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 8 HOURS, 25 MINUTES

Chili Verde gets its name and flavor from lots of green chiles and tomatoes. Chili, beef or corn muffins go great with this hearty dish.

- 1 Tbsp. olive oil
- 1 cup finely chopped white onion (about ½ large white onion)
- 2 poblano chiles, seeded and finely chopped

- ½ cup finely chopped green bell pepper
- 1 small jalapeño pepper, seeded and finely chopped (optional)
- 1 (14 oz.) can chopped green chiles
- 1½ cups yellow bell peppers, cut into 1-inch cubes
- 1 (16 oz.) 1-can cornmeal masa, drained
- 4 tomatoes (peels removed), chopped
- 4 cloves garlic, minced
- ½ cup fat-free reduced-sodium chicken broth
- ½ tsp. dried thyme
- 2 tsp. dried oregano
- 2 tsp. ground cumin
- ½ tsp. freshly ground black pepper
- 1 tsp. kosher salt
- 2 tbsp. yellow cornmeal
- ½ cup fresh cilantro or ¼ cup dried or Italian parsley
- 1 lime
- ½ cup cooked chicken, cheese

1 Add the olive oil, onion, poblano and green bell pepper to the slow cooker.



to make vegetable terrines, add the vegetable purées.

**2** In a large mixing bowl, combine the green chiles, cooked pork, beans, cornstarch gelatin, chicken broth, eggplant, organic cream, black pepper, salt, and cornmeal. Mix well to combine.

**3** Add the seasoned pork-and-bean mixture to the slow cooker. Do not stir.

**4** Cover and cook for 8 hours on low or 4 hours on high.

**5** Before serving, finely chop the cilantro or parsley and garnish the bowl. Stir the ber's ancho chile. Drizzle the chile among four bowls and sprinkle with the ground cheddar. Serve the chile with the bean quesadilla.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
ONE CUP (250g): 260 CALORIES, 10g CARBOHYDRATE, 15g PROTEIN,  
14g FAT (40% SATURATED), 10mg CHOLESTEROL,  
10mg SODIUM, 10g FIBER.

## SLOW-COOKED BARK BROWNIE CAKE

SERVES 8

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 2 HOURS, 30 MINUTES

Molten chocolate cakes are all the rage at restaurants — and now you can enjoy a terrific one at home. This warm chocolate spoon cake is easy to prepare, and it makes great use of the slow cooker's moist heat. You'll need the slow cooker about 2 1/2 hours to make it.

**1/2** Teaspoon butter (2 sticks plus 2 Tbsp.)

**1/4** cups unsweetened chocolate chips, divided

**1/4** cups sugar

**1/4** cup salt

**1** tsp vanilla extract

**3** large eggs, beaten

**1** cup all-purpose flour

Whipped cream (optional/garnish)

**1** Spray the bottom and sides of the slow cooker insert with cooking spray.

**2** Add the butter to a medium-size microwave-safe bowl. Heat for 1 minute in the microwave. Add 1/4 cups chocolate chips and stir well. The chips will begin

to melt. Heat for 30 seconds, stir well, starting in between until the chips are melted and the mixture is smooth.

**3** Using a wooden spoon or rubber spatula, stir in the sugar, salt, and vanilla extract. Add the eggs and mix well. Add the flour and mix until the batter is smooth.

**4** Pour the mixture into the slow cooker insert and sprinkle the remaining 1/4 cup chocolate chips on top of the batter. Do not stir.

**5** Cover. Cook on high for 1 hour and 30 minutes. Turn off the cooker. Remove

this and let the cake cool for at least 20 minutes before serving. Spoon the warm cake onto plates or shallow bowls. The center will be soft and "molten." Garnish with whipped cream, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
WITH WHIPPED CREAM (OPTIONAL): 260 CALORIES,  
26g FAT (50% SATURATED), 18mg CHOLESTEROL,  
26mg SODIUM, 10g FIBER.

Kristenly Mayana runs "WOW! Delicious," a recipe development company in Miami. She has co-authored two cookbooks.



# the perfect match

Make soup and salad combos a cool-weather standby

One of our favorite meals, especially in the air-baggage era, is a bowl of steaming soup and a simple green salad. Soups, stews, and salads are a rare common to the cuisines of all the great and little cuisines. It's a pleasing contrast to the typical richness of the soup. Make them more of a meal by adding proteins such as beans, chicken, or salmon. Or for now, put it all together and you get a wonder food with a healthy twist.

Light and casual, the soup-and-salad combo is the convenient, while the soup combo, you can make the salad, and left over easily turn into another great meal.

Ethnic flavors are a natural place to begin. The Mexican-inspired chicken tortilla soup is a salad you want with chicken broth, served with cheese and

chili pepper, and hot corn. Good soups and plenty of tender chicken. For less, you can make a very full of soup toppings. Everyone at the table can take their own soup to their own taste. The leafy salad has a fresh, strong topping of black beans, diced cucumber, onion, and potato. In many cases, it's gentle with the shape of a soup, and the creamy, juicy flavor of an apple.

We head to Europe for the second round, an elegant classic hot soup with a pure, sweet, salmon and seaweed salad. The soup of hot, hot, hot, and red, very is dressed up with a greenish topping is garnish of minced parsley, garlic, and lemon, and for a spike of flavor. The broth gives the soup a complex carbohydrate for energy, plus it's a source of potassium, magnesium, iron, calcium, and even And then before you add vegetables.

By Catherine Wakelin  
Photographs by Lisa Geng



SHREDDED CHEDDAR CHEESE  
AND CHILI SAUCE. (P. 100)  
(P. 100) AND (P. 100)





# Seeing Stars

Hannaford introduces nutritious shopping made simple

BY KELLY PERDUE AND KITT BROWNE MS RD



**W**ell, even a healthy lifestyle isn't always here for you. Or the patient. Or the family. That's what makes Hannaford Guiding Stars™ (patent pending) so appealing. This navigation system helps you find foods throughout the store that give you the most nutrients for the calories.

**Signposts for Smart Choices**  
In an ideal world, we'd all eat nutritious foods on the basis of a well-balanced diet. But keeping up with which nutrients and which fats can be overwhelming—even intimidating.

"We want to be part of the solution by making it easier for shoppers to find foods with the most nutrients per calorie,"

says Julie Givner, Hannaford's Director of Healthy Living. "We want to help them decide which products are right for them."

According to Givner, Guiding Stars is the first nationwide navigation system that weighs both the positive and negative nutrients of chosen all-edible items on the shelves.

## Working Together

Hannaford set out to design in easy way to run through complicated nutrition information based on feedback from shoppers. "You told us what you'd like to see in your food. Hannaford that would make it easier for you to find the right foods for your family."

The result is Guiding Stars, created to

help you quickly locate good food choices while at the same time helping to eliminate any shopping confusion and frustration.

Guiding Stars is based on the best information out there. In designing the program, Hannaford consulted with a panel of experts from top universities. Their consensus goal was to eliminate bias first to analyze some 17,000 foods served by Hannaford.

The advisory panel also incorporated research from leading national and state nutritional health organizations, including the U.S. Food and Drug Administration, the U.S. Department of Agriculture, the National Academies of Science, and the World Health Organization.

Analyzing items that Hannaford carries is ongoing, because new products are always being introduced to the shelves. Currently, more than 5,000 foods throughout the store have earned stars.

## How It Works

Under the Guiding Stars approach, which is found only at Hannaford, foods are credited for vitamins and minerals, dietary fiber, and whole grains, and debited for saturated fats, added sodium, and added sugars and calories.

Guiding Stars uses a good, better, and best ranking. Foods with three stars have the most positive attributes and the least negative. The number of stars assigned is based on the food's total score.

## Just Check the Shelf Tags

As you shop at Hannaford this fall, you'll notice the new Guiding Stars signs on the shelves—a collection of a number accompanied by one, two, or three stars. Look for this symbol as quickly and easily find foods that offer the most nutrients for the calories.



## LET THE STARS GUIDE YOU

If you see the **Good**, **Better**, or **Best** Guiding Stars it means that item has:

More	Less
Vitamins	Saturated Fat
Fiber	Total Fat
Whole Grains	Cholesterol
	Added Sodium
	Added Sugars



**Good**



**Better**



**Best**

### Shopping Smarter

It's easy and fun to use Guiding Stars when you shop for groceries. Some departments (like Fresh) will have lots of starred choices because almost all fruits and vegetables are naturally packed with nutrients. Other sections will have fewer items since their items are relatively high in calories and added sugars with few, if any, nutrients.

You can use the Guiding Stars system to make quick and easy comparisons of foods within a category. For example:

- The stars will help you determine which cereals have less added sugars and more whole grains. (Cereals: shredded wheat and several whole grain varieties have earned stars for low sugar and high fiber.)
- When it comes to meat, look for Good, Best, or even a star to help you find cuts with less sodium fat, and cholesterol. (Lean beef, pork, poultry, turkey and bison have earned stars.) Unseasoned chicken is also a good option.
- Guiding Stars in the Bakery will tell you which bread choices have less sugar fat and added sugars and more whole grains. Other bread choices are low-in sodium and whole wheat flour.

If the shell tag has no stars, it simply means one of the following two things:

1. The food doesn't make the nutritional criteria for a Guiding Star.

Of course, you can still enjoy these foods. Nobody is expected to eat all named foods all the time. Just remember to balance the foods you love with a healthy active lifestyle.

You can always read the Nutrition Facts panel and ingredients list on each item to help you make informed choices that work best for you and your family.

2. The food is not part of our current food safety collection, baby foods, and fish and oils are not rated by Guiding Stars.

### Eating Smarter

The new Guiding Stars shell tags are designed to make the right food choices stand out — which are always clear when you shop on an empty stomach. Choosing a good snack, for instance, can be quite

challenging. Consider these snack options for both children and grown-ups:

- Fruits (fresh and dried)
- Whole grains (crackers)
- Cuz vegetables (such as baby carrots and celery)
- Spreads and dips (all natural peanut butter, hummus)

When you're picking up popcorn, remember, nuts and popcorn the shell tag can help you make the good choice. If you want a popcorn with less fat and sugars, for example, just compare the Guiding Stars shell tag.

### Cooking Smarter

In addition to buying smarter, cook foods that's always always a way to make your favorite recipes better for you. Use non-stick cooking spray instead of butter for greasing pans and roasting foods. For ground beef, 90 percent lean is a good choice.

Portions are extremely satisfying, so you can use milk instead of butter and cream, and still get flavorful, moist pastas. Use whole wheat products when possible, for added fiber in sandwiches and pasta dishes.



## FOR YOUR HEALTH

Here are some tasty recipes that make the Diabetes Diet criteria for nutrients per calorie. They were developed by the American Diabetes Association, which has more recipes along with meal planning and cooking tips at [www.diabetes.org](http://www.diabetes.org).

### SPRING ROLLS SERVES 8



You can add anything you want to spring rolls to make them unique. Try adding leafy green chicken, one fried soft cube chopped shrimp, or shredded pork for a protein boost.

- 1 cup leanest chicken, rinsed, drained and shredded
- 2 carrots, thinly sliced
- 3 cucumbers, seeded and cut into thin slices
- 1 cup fresh bean sprouts
- 2 cups finely shredded fresh cabbage
- 60 rice paper wrappers (6 inches)
- 1 medium bowl of water, tap water
- 1 cup light sugar-free apricot preserves
- 1 egg, beaten well
- 1 tbsp. 1 egg soy sauce
- 1 egg, hot pepper sauce

1. In a large bowl, toss the leanest chicken, carrots, cucumbers, bean sprouts, and soft rolls. (Use 1/2 cup of each.)  
2. Brush one rice paper sheet in warm water until softened. (About 10 seconds.) Lay the rice paper on a clean, flat surface. Place one portion of the vegetable mixture in the center of the rice paper. Fold the left and right sides over the middle until almost meeting. Roll paper from the bottom to form the roll. Repeat for remaining rice papers. Set aside.  
3. To make sauce, combine the remaining ingredients in a small saucepan over high heat. Bring to a boil, stirring constantly. Simmer for two minutes. Serve cold spring rolls with warm sauce for dipping.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
150 CALORIES, 10% CARBOHYDRATE, 50% PROTEIN,  
35% FAT (10% MONOSATURATED, 40% POLYUNSATURATED,  
5% SATURATED) 5% FIBER



### LEMON CHICKEN STEAK-PIZZA<sup>®</sup> SERVES 4



Steak-like chicken is a favorite because they cook up fast and make a colorful presentation. This lean-for women can be endlessly varied just by changing the mix of nutritious vegetables.

- 1 cup vegetable broth or water
- 1 cup lemon juice
- 1 tbsp. cornstarch
- 1/4 cup apple juice or dry sherry
- 1/2 tsp. light soy sauce
- 1 tsp. chili sauce
- 1 chicken (leanest) boneless white meat (1 lb.)
- 1/2 cup medium ch. cheddar/monterey jack, shredded
- 3 tbsp. vegetable oil
- 1/2 lb. leanest, skinless chicken breast, cut into cubes
- 2 garlic cloves, crushed
- 4 cups (or) 1/2 cup vegetable (such as green beans, fresh mushrooms, carrots and peppers, frozen berries, snow peas, etc.)
- 2 tbsp. oil (3 packets Equal)

1. For lemon sauce, in a small bowl, mix the vegetable broth or water, lemon juice, cornstarch, apple juice or sherry, soy sauce, chili sauce, and hot sauce. Stir to combine until smooth. Set aside.  
2. Heat oil in a wok or frying pan over medium heat. Cook and stir chicken and garlic until chicken is no longer pink, about 10 minutes. Remove from pan. Keep warm.  
3. Add vegetables. Cook and stir about three minutes or until heated through.

4. Remove chicken to the pan, add lemon sauce, and serve in the bowl and building for in Equal. Serve over rice if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
240 CALORIES, 10% CARBOHYDRATE, 50% PROTEIN,  
40% FAT (10% MONOSATURATED, 40% POLYUNSATURATED,  
5% SATURATED) 5% FIBER

<sup>®</sup>This recipe is provided by Equal.

### LEAFY BLACK EYED PEAS SERVES 7



Black-eyed peas have 6 grams of fiber per 1/2 cup. A high-fiber food contains 5 grams or more of dietary fiber per serving.

2. 1/2 cup olive oil
- 1 green bell pepper, cut into 1/2 inch strips
- 2 garlic cloves, minced
- 1 can (15 oz.) red peas (drain and rinse and drained)
- 1/2 cup crushed red pepper flakes
1. Heat oil in a large saucepan skillet over medium-high heat. Add the green pepper and sauté for approximately 10 minutes. Add garlic and sauté 10 minutes.  
2. Add the black-eyed peas and red pepper flakes and sauté 5 to 10 more minutes.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
150 CALORIES, 10% CARBOHYDRATE, 50% PROTEIN,  
40% FAT (10% MONOSATURATED, 40% POLYUNSATURATED,  
5% SATURATED) 5% FIBER

# Mediterranean Fare in a Flash

Two ways to a quick, satisfying meal

BY CAROLYN HINE FOR FOOD & WINE BY MICHAEL PERDUE

**A** welcome relief, evenings lead to a savings for substantial nibbles: satisfying meats and cheeses with satisfying vegetables. That's a menu that places just about every palate adds a dash of freshly washed, requiring many unusual ingredients and means your meal is time saving convenience.

What's more, the Flamingo Fish Store can be prepared in either of two ways: on the stove top in a single pan or with Hinnakoff's new Microwaveable Smart Bags. Although they operate on a simple premise — a microwave, your microwave oven and a new species of smart pots were cooked — these plastic bags have the potential to change your life, your life in the kitchen, anyway.

That is a rare case of a new technology that actually exceeds expectations. Not only do smart-bags enable you to prepare a dinner course or a variety of other dishes in a ridiculously short time, they do so without the slightest compromise on flavor, quality or nutrition. Available in quart and gallon sizes, the disposable bags (any size) may be used to prepare and store meals in advance, which lets you cook without less or less, maintain the clarity and moisture of seafood, and cook meats meat in just a few minutes, keeping your meat. Unlike most cooking equipment, they save space, especially in a dinner.

Whether you're using the bags or not, this delicious meal comes together quickly. 1. Start with the Hot Dates Recipe. Prepare the cream cheese mixture and add the dates. Then place them in a pan that you've lined with foil, and set it aside. 2. Next, slice the onions and keep them in a covered container until dinner time. 3. Prepare the Herbed White Bean Dip. After you open the can of beans, the

marinating and mixing are simple enough to let a child do the work, and children, at an early helping with dinner. 4. Arrange a platter with sliced figs and sliced cucumbers or sliced cucumber and set aside the dip to let the flavors blend. 5. Cut up the dip into the size and cook it in a skillet or a microwaveable Smart Bag. 6. Place the dates in the oven to heat, and your meal will be complete.

## HERBED WHITE BEAN DIP

SERVES 4

ACTIVE TIME 10 MINUTES

TOTAL TIME 10 MINUTES

A welcome change of pace from most cream-based dips and hummus, this white bean dip is easy to make, and especially healthy. Keep the herbs according to your liking, add marinated and pepper onions.

HERBED WHITE BEAN DIP





### Variation

ACTIVE TIME: 4 MINUTES  
TOTAL TIME: 20 MINUTES

Hummus's Microwaveable Sesame Bags make the fat-free dip with pressure-cooking speed.

1. Place all ingredients except cheese in a large Microwaveable Sesame Bag. Place the bag on a microwave-safe board so pins in sides make airtight limits the steam escape.
2. Stir gently to coat the fat and seasonings with the herbs.
3. Seal the bag, seal microwave on high for 4 minutes.
4. Let the bag sit for 1 to 2 minutes.
5. Unseal and taste the mix for seasoning, adding salt, pepper, and sugar if needed to balance the acidity.
6. Divide the mix into four soup bowls. Top each serving with 1½ tsp. Parmesan cheese, if desired.

APPROXIMATE NUTRITIONAL VALUES FOR SERVING (PER CUP): 100 CALORIES, 10 CARBOHYDRATES, 2MG POTASSIUM, 10G FAT (2G SATURATED), 2MG CHOLESTEROL, 10MG SODIUM, 10G PROTEIN

### HOT DATES BRULÉE

SERVES 4

ACTIVE TIME: 10 MINUTES  
TOTAL TIME: 30 MINUTES

The contrast of cool, juicy orange slices and hot, rich, creamy dates is great, but ripest ones are best. Excessively spread and sticky dates aren't the best choice in recipe — if a little sticky — to prepare and an absolute must-to-brush under the broiler or oven in a toaster oven. Lickable molting can be used with additional dates or as a spread for bagels.

8. large, whole dried dates, pitted  
½ cup finely minced grapes  
1 (3-oz.) package cream cheese  
½ tsp cinnamon  
¼ tsp nutmeg  
¼ tsp cloves  
d. Thin, chopped pistachios, almonds, or walnuts (optional)

1. Trim from sugar.
2. Grapes, each sweetened 8 weeks to 10 weeks (100g).

1. If using a standard oven, preheat the broiler. Use a 100-watt (100-watt) fan with foil. Lay the dates on the pan.
2. Put grapes in a bowl. Add the cream cheese and stir with a fork or wooden spoon to soften. Add the cinnamon, nutmeg, cloves, and nuts (if using), mixing well to combine.
3. Seal the cream cheese mixture into the dates. Sprinkle the dates with brown sugar.

4. Broil for about 1 minute. Loosely watch. When the sugar is melting and bubbling, remove from the oven and cool slightly. Serve on dates, place each four orange wedges per plate.

APPROXIMATE NUTRITIONAL VALUES FOR SERVING (PER CUP): 100 CALORIES, 10 CARBOHYDRATES, 2MG POTASSIUM, 10G FAT (2G SATURATED), 2MG CHOLESTEROL, 10MG SODIUM, 10G PROTEIN

Carolee's Recipe For a faster dated food and travel series



DATE: 10/11/2011



## Easing Into Autumn

As we cozy up to the notions of shorter days, cooler temps, and increasingly chilly (yet welcome) snow-fall-baked wines, we compile more of the season's robust finds. During fall you can "comfort eat" with apples — especially when they're served with sweet pink cheese and sage (page 190), but you'll positively rue the day if they're also served with the right wine.

To highlight the apples and pears, pick a wine that "tosses for wind." I recommend **6 Acreberg The Skarp Jump Red**, an Australian GSM (Grenache-Syrah-Muscat) blend that's hot and hearty but not too serious, wine drinkers really appreciate.

When you use apples in a savory dish, such as the fresh-baked Apple and Pear Crostini (page 109), be sure to pour a little **late-harvest Riesling** to tickle your tongue. It even complements some Gorgonzolas served on the side. Riesling also pairs well with Gouda, Brie, and Cheddar cheeses.

To accompany fish, I favor chardonnays. For the Seared Salmon and Wintered Salad with Lemon-Honey Vinaigrette (page 107) try a **Charles Heidsieck, Michels Chardonnay** from Washington, a no-frills balanced and not too "fussy."

Warm spices are often the first sign that fall has arrived, and it's a good time to serve savories that aren't too serious (see below). For the Slow-Cooked Spanish Chicken (page 105), consider bottles from Rioja, a region whose musky wines underscore the spices in the dish. **Vino Puma** — with its hints of black cherry and vanilla — is my top choice.

What about those occasions when you're short on time but you still want to pick up a good wine? Look to our wines of the month. They're handpicked, exclusive wines and are always a recommended bargain.

— Tom Henson,

*Hammond Fine Wine Buyer*



# Wine of the Month

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a simple way to find a great bottle

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Our experts taste hundreds of wines from around the world and handpick their favorites to feature exclusively at Hannaford. The best part—these amazing wines are an exceptional value—only \$ to a bottle or less!

Come discover this month's gems, perfect for sharing with family and friends—but come early 'cause when they're gone, they're gone!

